

News Briefs

**Dorm dinner rescheduled**  
The June dorm dinner has been rescheduled for 5 p.m. Thursday at the base chapel annex. The menu is steak and potatoes. For more information, contact a first sergeant or call the chapel at Ext. 2500.

**New BLAZE TEAM member**  
Dr. Mario Mercado is our new Sexual Assault Response Coordinator. The new Air Force Policy on Sexual Assault Prevention provides victims and survivors of sexual assault the guidance and help needed to obtain confidential treatment without having to report the assault to anyone other than the SARC, Dr. Mercado. He serves as the single point of contact for integrating and coordinating sexual assault care from an initial report of sexual assault, through disposition and resolution of issues related to the victim's health and well-being.

He and the SARC team stand prepared 24 hours a day, 7 days a week to assist victims. Dr. Mercado's office is located in Room 214 of Building 926 and he can be reached at Ext. 2875, on his cell phone at 364-0822 or through the command post at Ext. 7020.

Inside



NEWS

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Thirty-one Columbus AFB NCOs selected for technical or master sergeant.


DUI status

“Don’t Drink and Drive”

Last DUI: June 10, 2005

Days since last DUI: 8

Unit: 14th Civil Engineer Squadron



COLUMBUS AFB TRAINING TIMELINE

PHASE II				PHASE III				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (06-05)	-6.18 days	-2.44 days	July 21	48th (05-11)	2.87 days	0.25 days	June 30	T-37	1,611	1,131	21,051
41st (06-04)	2.0 days	0.69 days	June 28	50th (05-11)	-1.19 days	0.74 days	June 30	T-38C	657	588	10,601
								T-1A	618	632	9,566

Graduation speaker: Col. David Nichols, National War College instructor

AETC commander retires today

**RANDOLPH AFB, Texas** — The Air Education and Training Command Commander, Gen. Donald Cook, retires today after more than 36 years in the Air Force. He hands off the reins of command to Gen. William Looney III, during the change of command and retirement ceremony here. Gen. John Jumper, Air Force Chief of Staff, is the presiding officer.

General Cook entered the Air Force in 1969 through the ROTC program at Michigan State University and completed undergraduate pilot training at Williams AFB, Ariz. He has commanded a flying training wing, two space wings and the 20th Air Force. He has served as Legislative Liaison in the Senate Liaison Office, on the staff of the House Armed Services Committee, and as Director for Expeditionary Aerospace Force Implementation at U.S. Air Force headquarters. Prior to assuming his current position in December 2001, General Cook was Air Combat Command's vice commander. He is a command pilot and has flown more than 3,300 hours in the B-52D/G/H, T-37B and T-38A.

The enlisted corps of Air Education and Training Command inducted General Cook into the Order of the Sword Tuesday, recognizing his outstanding support for and contributions to the command's enlisted members during his tenure.

General Cook has commanded AETC virtually throughout the Global War on Terrorism. He has overseen the development of basic and technical training to better prepare new Airmen, officers and enlisted, for wartime service anywhere the Air Force needs them by introducing self-aid and buddy care, and expeditionary combat skills in the training curricula.

He spear-headed the commands philosophical change from just a training com-

mand to a training and war fighting command by expanding the pool of available personnel for Air and Space Expeditionary Force deployment support. At any given time, in recent years, 1,000 to 1,500 AETC Airmen are deployed supporting combatant command operations.

His tenure has seen Air Force recruiting productivity at its highest levels. Air Force end strength requirements for fiscal year 2005 forced a need to back-off recruiting; while retaining the infrastructure to instantly turn around and return to high-level recruiting output.

Next generation training aircraft such as the T-6A Texan II and the T-38C are replacing AETC's long time standard T-37 Tweets and T-38As and Bs. Introduction of the F/A-22 Raptor at Tyndall AFB, Fla., has placed AETC to be at the forefront of combat fighter operations training. Addition of the new C-130Js at Little Rock AFB, Ark., bring an improved version of this rugged workhorse to the airlift training community.

On the education front, General Cook placed noncommissioned officers into Air Force Institute of Technology programs and led the charge to open opportunities for AFIT students to complete professional military education requirements as part of their course of study. Accreditation of Air War College and Air Command and Staff College by the Southern Association of Colleges and Schools results in graduates receiving master's degrees upon graduation.

"I'm continually impressed with the


success of our military forces and all the men and women within AETC who provide training and combat capability to our commanders in theater," General Cook said recently, "Our innovation and excellence are meeting the challenges and demands needed to win the war on terrorism! I have been truly blessed with the opportunities I have been given to serve our nation. I'm confident AETC will continue the fine tradition of outstanding performance to recruit, train, educate and lead future generations of our Air Force," he concluded.

General Looney is a 1972 U.S. Air Force Academy graduate and served as the Cadet Wing commander during his senior year. He completed undergraduate pilot training at Sheppard AFB, Texas, and served as a T-38 instructor pilot in the 50th Flying Training Squadron at Columbus AFB, Miss., in the mid-1970s. He comes to AETC after commanding the Aeronautical Systems Center at Wright-Patterson AFB, Ohio, since December 2003.


"I am proud and honored to lead the men and women of Air Education and Training Command!" General Looney said, "Let me start by asking every member of the command to continue giving all your talents to ensuring those Airmen we are sending off to war are fully prepared to accomplish the missions of the combatant commanders. In the coming months, Marilyn and I intend to visit each and every installation to meet with the magnificent professionals and supportive communities that make up this great command."



General Cook



The 14th Flying Training Wing thanks Colonel Mangus and Captains Eaton, Landwer and Todaro for representing the BLAZE TEAM in a T-37 two-ship fly-by during the funeral of an Airman missing in action from the Vietnam War at Arlington National Cemetery June 10.



Lt. Col. Mike Mangus and Capts. TJ Eaton, Andrew Landwer and Chris Todaro

**14TH FLYING TRAINING WING DEPLOYED**

As of press time, 24 BLAZE TEAM members are deployed worldwide. Remember to support the troops and their families while they are away.



SILVER WINGS

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Submission Deadline

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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*Editorial content is edited, prepared and provided by the 14th Flying Training Wing Public Affairs Office of Columbus AFB, Miss.*

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# Six more bases roll out Central Registry Board

**Master Sgt. Jerry Taranto**  
Air Education and Training Command

**RANDOLPH AFB, Texas** — Air, Education and Training Command continues expansion of the Family Advocacy's Central Registry Board after the Air Force's successful initial test phase of five installations. Forty additional bases roll out the new program this summer including Columbus, Maxwell, Tyndall, Little Rock, Goodfellow and Vance air force bases. Sheppard and Lackland Air Force Base began testing in 2002 and implemented the new board in 2004. Randolph AFB is also participating in a pilot study. The Central Registry Board is replacing the Family Maltreatment Case Management Team as a means for making case status determinations of spouse and child abuse. "For nearly 20 years the Air Force used

the FMCMT to make substantiation determinations and clinical recommendations in alleged family maltreatment incidents, as required by DOD," said Pam Collins, a Treatment Program Manager with the Air Force Medical Support Agency at Family Advocacy Headquarters at Brooks City Base, Texas. "But a growing number of concerns about the consistency of the decisions led family advocacy officials to look for a new, improved mechanism for handling these cases." CRB members decide which incidents meet the new research-based/Air Force definitions of family maltreatment for entry into the Air Force Central Registry. The vice wing commander chairs the CRB, or may delegate the role to the mission support group commander. In 2002, five bases agreed to replace their maltreatment team with a newly revised CRB on a test basis. A recent study shows the CRB's demonstrated

improved consistency and accuracy of decisions. Expert reviewers agreed with board decisions in more than 92 percent of incidents. "The CRB helps to streamline the process and is the heart of considering victim impact," said Maj. Cynthia Hampton, AETC Behavioral Health Consultant. "It also gives credibility and a sense of fairness to the decisions." Counseling recommendations for these families such as individual, family or marital therapy are discussed at the clinical case staffing meeting with the Family Advocacy Program staff members. Another significant difference with the CRB includes the member's commander gets to vote on the decision. Determinations are made by majority vote and are no longer placed in medical records. The CRB consists of a six-member board compared to the 12- to 16-member case management team. Prior to stand-up, Family Advocacy Officers will attend a "CRB Boot Camp" to determine specifics on launching and maintaining the board. To test different training strategies, half of the installations will receive in-person support and the other 20 will receive telephone support prior to an Air Force-wide launch.

# BLAZE TEAM prepares for ESOHCAMP

A week-long environmental assessment conducted by A team of Headquarters Air Education and Training Command personnel, contractors and members from other bases will conduct a week-long environmental assessment of Columbus AFB July 18 through July 22. To prepare for the assessment, a team of assessors from safety, bioenvironmental engineering and the environmental flight visited every area on base throughout the summer. The team used a checklist to uncover any potential findings and assist in fixing any areas of concern. Shops made sure unit environmental plans, such as spill and hazardous waste management plans, were followed. Other hot topics included Material Safety Data Sheets that correspond to a shop's hazardous materials, compliance with the confined space program and proper unit safety checklists. The Environmental, Safety, and Occupational Health Compliance Assessment and Management Program (ESOHCAMP) evaluation determines how effectively each installation complies with federal and state environmental, safety and occupational health laws, regulations and Department of Defense and Air Force policies, said 2nd Lt. Jennifer Alecci, 14th Civil Engineer Squadron Environmental Flight. Using a checklist, evaluation teams are sent throughout the base to measure compliance in 15 different areas. The ESOHCAMP team will evaluate the following protocols: air emissions, cultural resources, hazardous materials, hazardous waste, natural resources, pesticides, solid waste, storage tanks, toxic substances, waste water, water quality, petroleum, oils and lubricants, safety and occupational health. "Cooperation between the preliminary assessors and the entire BLAZE community should ensure a successful assessment from Headquarters AETC," Lieutenant Alecci said. "Through the efforts of ESOHCAMP teams and base members, Columbus AFB has received no notices of violation form the state or federal Environmental Protection Agency for the last 13 years." "The upcoming ESOHCAMP will help ensure that Columbus continues to set the standard for environmental, safety and occupation health compliance in the command," she said. For more information, call Lieutenant Alecci at Ext. 7724. (Courtesy of the 14th CES)

# Second Vendor Fair to boost local spending

**1st Lt. David Romo-Garza**  
14th Contracting Squadron

The 14th Contracting Squadron, Northeast Mississippi Contract Procurement Center and Columbus-Lowndes Development LINK have teamed up once again to host the second consecutive Vendor Fair June 23 at the Trotter Convention Center. The fair is designed to help local vendors network with base officials, who spend more than \$60 million in contracts and Government Purchase Card transactions annually. The Vendor Fair will feature more than

Last year, the 14th Flying Training Wing achieved a new community partnering benchmark when more than 50 small businesses participated in the first-ever Vendor Fair in downtown Columbus. "As a result, the vendor fair has strengthened the First Look program, which gives local vendors opportunities to give government purchase card users instant discounts," said Neil Cole, 14th CONS. This program helped the wing save more than \$22,000 in Fiscal Year 2004; and the wing has already saved more than \$31,000 so far this year.

60 booths advertising goods and services ranging from industrial supplies to construction and information technology. "The event is an excellent opportunity for Columbus AFB GPC cardholders, resource advisors and any other entity involved in generating base supply, service, or construction requirements to learn more about local business capabilities," Mr. Cole said. The fair will also give the base a chance to inform vendors about upcoming requirements and customer service expectations. "This year, the occasion is confirmation that Columbus AFB is going above and beyond to ensure that we continually explore different ways to spend funds in the local community," Mr. Cole said. "The vendor fair gives the local community the advantage of having products on-hand for the base while we have the funds to procure them over-the-counter; as a result, we keep money flowing into the local community. "The annual Vendor Fair is just one of many critical steps in our efforts to accomplish these goals," he said. For more information about the event, call the 14th CONS at Ext. 7802.

## Technical, master sergeant selects

The 14th Flying Training Wing congratulates the following NCOs on their selection for: **Technical sergeant** Mark Cisco, 332nd Recruiting Squadron Gentrys Duhart, 14th Mission Support Squadron David Duthu, 14th Medical Operations Squadron Jonathan Eha, 14th Security Forces Squadron Anthony Flemming, 332nd RS Corey Hartzler, 332nd RS Nathaniel Howell, 14th SFS Michael King, 332nd RS Daniel McCleskey, 14th FTW Jay Moreau, 14th Civil Engineer Squadron Michael Nichols, 14th CES Michael Poye, 37th Flying Training Squadron Ryan Schoon, 14th MDOS Chad Shook, 332nd RS Sarah Swift, 14th MDOS Frederick Turnipseed, 332nd RS **Master sergeant** Daniel Abbouod, Air Mobility Command Reginald Anderson, 332nd RS Kelly Barbour, 14th FTW Craig Blevins, 332nd RS Edwin Chamberlin, 14th MSS Tracy Christiansen, 14th MDOS Jason Cothren, 14th MDOS Julie Harring, 14th MDOS David Lowery, 48th FTS Werner Martin, 14th Contracting Squadron Larry Moore, 332nd RS Terry Patterson, 14th MDOS Stacy Richey, 332nd RS William Robinson, AFROTC Detachment 430 Anthony Stephens, 164th Airlift Wing



## Military-sponsored Web site offers discounted Australian vacations

**Tim Hipps**  
U.S. Army Community and Family Support Center

**ALEXANDRIA, Va.** — Military travelers can purchase vacations to Australia for about the same cost as a getaway to Europe simply by visiting a military-sponsored Web site. Authorized morale, welfare and recreation patrons can visit [www.armymwr.com/portal/travel/travelresources](http://www.armymwr.com/portal/travel/travelresources) and click on "Joint Services Travel Specials" to begin a step-by-step process for building itineraries to a vacation down under. After preparing the itinerary, they can visit a supporting information, ticket and reservation office or information, tickets and travel office to finalize the booking, confirm arrangements and pay for the vacation. "We're estimating these packages will be 10 to 30 percent less expensive than anything else they're going to be able to find," said Dan Yount, chief of Army Leisure Travel Services at the U.S. Army Community and Family Support Center. MWR patrons can purchase eight-day trips from Los Angeles to Sydney, including lodging at three- or four-star hotels with some tours, starting as low as \$1,300. It can be even more affordable for servicemembers on rest-and-recuperation leave from operations Iraqi Freedom and Enduring Freedom. "If someone is on R and R leave out of either Iraq or Afghanistan, the government will fly them any place that is shown as their destination on their leave orders," Mr. Yount said. "So when they're planning their R and R leave, and enter Sydney, Australia, as the leave destination, the transportation office will arrange transportation to Sydney. "This is a benefit that could be a once-in-a-lifetime opportunity to go on a great vacation with Uncle Sam paying a major part of the expense," he said. The Australian packages are available to active-duty peo-

ple, members of the reserve components, retired military, family members and Defense Department civilians. "Any authorized MWR patron (who) can provide proof of DOD affiliation is eligible," Mr. Yount said. "This kind of a product hasn't been available on a lot of military bases since 1999, when the Army and Navy parted company with commercial travel contractors providing leisure travel services on many installations. And it's never been available at a price this low." Deployed servicemembers approved to take authorized R and R leave can click on the "R and R Troop Travel" link for more information. MWR patrons can also click on the "Great Travel Deals" link. Deals include numerous vacation packages to all eight of Australia's states. Mr. Yount said prices fluctuate based on the season, but said there is no bad time to visit Australia. New York, Los Angeles and Honolulu are the embarkation points. Travelers can make arrangements from their nearest airport as part of the travel package using a Qantas code-share partner, or they may make their own travel arrangements to those destinations. If travelers do not have access to a local travel office, they can make arrangements via e-mail or telephone. A deposit that includes the full price of the airline ticket and a percentage of the land packages will be required upon booking. Travelers will have until 45 days before departure to finish paying for the package. "Somebody who wants to book a year out is going to be able to take their time paying, and it probably won't be painful at any one time," Mr. Yount said. "If somebody wants to pay all at once and leave in a week or two, that's their privilege, too. If they make (the reservation) within 45 days, they have to pay immediately." For more information, call the information, ticket and travel office at Ext. 2505.

## Free movie preview

A free move preview is scheduled for 7 p.m. Saturday at the base theater. Movie information and tickets are available at the base exchange. BLAZE TEAM members are encouraged to arrive at the preview early, as seating will be on a first come, first served basis.

## Sew it on



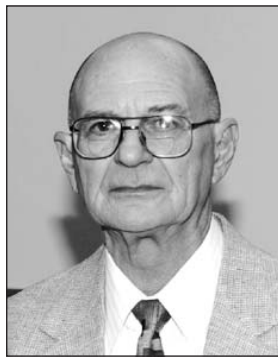
Tammi Boudoin

The 14th Flying Training Wing congratulates the June enlisted promotees. Pictured are: (front row) to airman: Alyssa Wallace, 14th Flying Training Wing; to airman first class: Kathleen Ellison, 14th Operations Support Squadron; Jennifer Montalvo, 41st Flying Training Squadron; Shannon Smith, 41st FTS; to senior airman: Thomas Baughman, 14th OSS; (back row) to senior airman: Joshua Causey, 50th FTS; Trae Clark, 37th FTS; Tammy Kirkland, 48th FTS; Daphne Wallace, 14th OSS; and to master sergeant: Jamey Coleman, 14th Mission Support Squadron.



# Make your next PCS a ‘smooth move’

**Wayne Bryant**  
14th Flying Training  
Wing



Regardless of whether you are new to the service or have been around for a long time, PCS moves and damage to household goods are facts of life. The following tips will help ensure that if any of your property is lost or damaged in shipment, you can file a well-documented claim.

The inventory is the most crucial step in the process! The carrier's inventory proves your property was handed over to them in a certain condition for delivery to your new home.

While it is not possible to totally control the packing and inventory of all of your household goods, you must exercise some control over how your property is inventoried. If items are not listed on the inventory, you may not be paid for them when you file a claim.

Before the packers arrive, gather all of your most valuable and most easily pilferable items, such as jewelry, money, coin or stamp collections and baseball cards, and secure them someplace.

Do not ship them. Leaving easily pilferable items unsecured on dresser tops or in drawers is an invitation for them to be taken!

Gather the next most expensive items into one room, make an inventory of these items and record the serial numbers and/or descriptions. Prepare a personal inventory and substantiate major items, such as furniture, electronic equipment, art objects and expensive rugs.

We encourage you to turn on your electronic equipment and have the shipper annotate on the inventory

that the device was working just prior to packing. This will ensure you are fully reimbursed should the need arise.

Make a complete list of all rare books, DVDs, CDs and licensed software. List the purchase prices and dates for these items and collect related documentation to prove it, such as purchase receipts, paid bills, credit card slips, canceled checks, pre-shipment appraisals and insurance policies.

The inventory must absolutely list high-value items. For more specific information about high-value items, visit the legal office.

Finally, take photographs to show the condition of these items, and keep this information separate from your household goods. Carry it with you or mail it to your next duty station.

Do not become so overwhelmed by the move that you cannot observe your property being packed or listed on the inventory. Contact the travel management office if you have problems. If you cannot be present for this process, make sure your spouse or agent knows what to do and arranges for necessary help. If all else fails, make a statement on the inventory describing problems you encountered.

Make sure that the packers write adequate descriptions of the contents on both the boxes and inventory. While the packers do not have to list every item packed inside a box, they should write the greatest quantity of the container's contents, such as "pot/pans/crockery."

The location of the items in your home is not a sufficient description. Broad categories like "kitchen items, bathroom items, garage items" should not be the only description for the contents of any container.

Additionally, make sure that stray items illogically packed in a certain box are specifically listed, such as tools packed in a box marked "clothes" or a lamp packed in a box marked "garage items." If you later

claim for an item that would not reasonably be found in a certain box, you may not be paid for it.

Make sure to accompany the carrier's agent while he or she completes the inventory. Check to see that those items you have pre-identified as valuable are sufficiently described and listed on the inventory to positively identify them in terms of both quality and quantity.

If you disagree with any condition or description recorded on the inventory by the carrier's agent, record your disagreement by inventory number at the bottom of the inventory sheet.

Finally, consider renter's insurance or Options II Increased Valuation through TMO (with the carrier). While the Air Force provides \$40,000 in coverage, there is a "maximum allowable" payment amount on most items, in addition to depreciation for items in your use for more than six months.

For example, the maximum payable reimbursement for a musical instrument is \$2,500; many musical instruments cost more than this. Renter's policies that provide "full replacement cost protection" or replacement protection are available at minor cost.

If you have valuable collections of such things as CDs, DVDs or camera equipment to be shipped, you might want additional coverage.

Remember, the Air Force coverage is for the minimal coverage amounts; expensive and personal taste is not covered. Except for catastrophic loss or Option I and Option II Increased Valuation, there is no requirement that you file with your insurer before filing with the Air Force. However, the additional protection afforded by both or all three might be for you.

With well-prepared personal and carrier inventories, and substantiation of ownership and value, you should be in good shape. However, after delivery you still must promptly fill out the DD Form 1840/1840R to report any loss or damage. If you have any questions, call the claims office at Ext. 7030.

phrase that wasn't shouted, but uttered with a calming strength that made shivers run down my spine.

Though meant for all of us, the words "Thank you" pierced all of the other sounds of applause, shouting and marching bands and came to me like an idea suddenly awakened in the back of my head that was itching to see the light of day. The words echoed inside, and the real meaning of what we were doing there at that day and time, sweating in the morning sunlight, revealed itself in a way that some of us had forgotten.

Those people, young and old, veterans and non-veterans, depend on us for protection of themselves and their rights as Americans. The aged veterans saluting along the roadside see us as carrying on the torch of freedom when they are no longer able and when others have fallen in its defense.

had nine. Therefore, I took my place on the front left corner of the formation. As reservists, we shed our civilian personas for the most part when we put on the uniform. All of the years of military experience come flooding back, and it only takes a moment or two to regain that military bearing drilled into all of us. As we moved up the street, people sitting along the sidewalks to watch the parade began standing. Veterans wearing their VFW caps, as well as their old uniform issue garrison caps stood at attention and rendered salutes as we began to pass by, while civilians placed their hands over their hearts. Many people applauded. A few praised us with words as we went by. It was enough to make me feel a sense of pride and warmth in my heart. However, what affected me most was one

# Strangers' gift saves servicemember's life

**Susanne Larkins**  
Armed Services Blood Program

All those serving in Iraq and Afghanistan look forward to care packages from family and friends. The care packages Army Sgt. Erick Castro is most grateful for were sent by people he doesn't know. He never met them face to face, but they will always be a part of him through the blood they donated as part of the Armed Services Blood Program Life Force team.

Somewhere on the road between the Iraqi cities of Ramadi and Fallujah, an element of the 3rd Armored Cavalry Regiment came under fire.

The ambush lasted several minutes. During the firefight, the armored personnel carrier Sergeant Castro was riding in was struck by a rocket-propelled grenade. In an instant, the round spun him to the floor. In the heat of the fight, he and two other soldiers in the vehicle kept firing.

"I didn't think I got hurt that bad," he recalled. "I thought maybe I had a broken leg."

Moments later, he realized the RPG had passed through his left leg at the hip, all but severing it. What happened from that point remains a blur. He recalls being medevaced in a Black Hawk helicopter to the 28th Combat Support Hospital south of Baghdad, where doctors had no choice but to amputate his left leg at the hip. Critical to his treatment at the 28th CSH were the transfusions Castro received to replace the blood lost since his injury.

From the 28th CSH, Sergeant Castro was flown to Landstuhl Regional Medical Center in Germany for more operations to stabilize the wound.

A month after the attack, Sergeant Castro found himself at Walter Reed Army Medical Center, receiving more attention and starting a lengthy regimen of physical therapy. He was fitted with a state-of-the-art prosthesis made of titanium alloys that has returned much of his mobility.

Despite the devastating injury, Sergeant Castro had several things going for him. Though the RPG inflicted severe injuries

on himself and his teammates, it did not explode. Had it exploded, it would have peppered them with deadly shrapnel.

Additionally, advances in training and technology placed highly skilled medical personnel closer to the fighting, with more advanced equipment and supplies than ever before. After the attack, fellow soldiers applied their first aid training to keep Sergeant Castro from losing too much blood while waiting to be medevaced. The next set of helping hands came in the form of responsive medevac units that gave Sergeant Castro the initial treatment he needed to survive the "Golden Hour," a term used in medical circles that emphasizes the importance of preventing shock due to excessive blood loss in the first hour following a severe injury.

All these things were critical to his survival, but the most important thing he had going for him may have been the generosity of his military family thousands of miles away who made sure blood was available to replace the blood he lost. These donations saved his life.

"I'm thankful for that," he said. "I lost a lot of blood. If it wasn't for that, I wouldn't be here today."

The blood he received came through the Armed Services Blood Program thanks to its team of dedicated donors — the Life Force. The ASBP collects blood from the military community for the military community. Through their contributions, Life Force members have saved countless lives at military medical facilities at home and around the world.

The Life Force team did not just provide blood for the facilities that stabilized Sergeant Castro. Blood provided by this elite team was delivered with precision and accuracy for each of the many surgeries he has undergone since the ambush. He cannot remember how many operations he has had so far. "Somewhere in the teens," he said.

Recovery from his injury has been slow, but steady. Physical therapy sessions have been difficult. At first, the simplest of tasks on his prosthesis were daunting.

"In the beginning, I would sweat just



Susanne Larkins

**Army Sgt. Erick Castro demonstrates part of his physical therapy regimen.**

standing up," Sergeant Castro recalled. Before leaving Walter Reed, his physical therapy regimen had expanded to an hour or so a day and included pushups, walking, stair climbing and more.

Sergeant Castro is thankful for every day he has seen since the attack. He is also thankful for the Life Force members that help ensure blood is available when the military community needs it. He reminds

those who are eligible to donate whenever they can.

"Donating is very important," he said. "Somebody might need it at any time. One pint might help a guy—maybe even save his life. If you can give, do it."

For more information on becoming a lifesaving member of the Life Force team, visit the ASBP Web site at [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).

All BLAZE TEAM members are invited to participate in an Armed Services Blood Program blood drive from 8 a.m. to 2 p.m. June 24 at the chapel annex. All units collected will be shipped directly to the deployed locations in the Middle East to support ground troops injured there. Units collected by civilian agencies cannot be shipped overseas; they must be used state-side. For more information, call Capt. Daryl White at Ext. 2123 or Capt. Chandra Peek at Ext. 2656.

## Straight Talk Line

*The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better.*

*Although the Straight Talk Line is always available, the best way to resolve problems is through the chain of command.*

*The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer.*

*All names are kept confidential. Messages are answered in Silver Wings without names.*

*Written questions may be dropped off at the public affairs office in the wing headquarters building, Bldg. 724.*

*People can also access the Straight Talk program through the BlazeWeb at <https://columbusweb> and the main Web site at [www.columbus.af.mil](http://www.columbus.af.mil). Questions and answers will be edited for brevity.*

## Pride, patriotism on parade

**Gerald Sonnenberg**  
Air Force Communications Agency

**SCOTT AFB, Ill.** — On May 30, I participated in my first Memorial Day parade as an Air Force Reserve noncommissioned officer. For people like me, who find it difficult to walk away from active duty and the uniform, the Reserve is a good fit, and participating in parades is an added benefit.

Over the last decade, it has become a tradition for 932nd Airlift Wing members here to march in holiday parades during the scorching summer and chilly fall months to unfurl an oversized American flag over asphalt streets in St. Louis and Belleville, Ill.

On this day, we needed 10 people for our 15-foot by 30-foot flag, and we only



# CAFB celebrates its children during National Kids Day

**Pam Wickham**  
14th Services Division

The Columbus AFB youth center will celebrate National Kids Day from 4 to 8 p.m. Aug. 6 at Freedom Park.

Squadrons and private organizations are invited to participate in the event by operating a game booth or hosting a fundraiser for their organization.

“Base organizations can sell food as a fundraiser, but we are asking them to also operate a free game booth in support of National Kids Day,” said Rose Lime, youth center director. “We are celebrating the kids, and our goal is to make their days and create family memories with games and activities that won’t cramp anyone’s budget.”

The day’s tentative events include carnival-type games, several inflatables, a dunk tank, pony rides, exhibits, face painting, and different performances and demonstrations every half hour.

The youth center also supports the nation-wide effort to make the event an “official day” on our nation’s calendar. The effort is backed by research showing that millions of Americans recognize a link between spending “meaningful time” with their children and the tough issues facing youth, but say they don’t have the time, skills or resources to do as much for their children as they feel they should.

To help parents gauge the amount of quality time they spend with their children, Kids Day created the Meaningful Time Check-Up. Parents can take the checkup online at [www.kidsday.net/mt\\_checkup2.htm](http://www.kidsday.net/mt_checkup2.htm).

Parents can also access information on National Kids Day online at [www.kidsday.net](http://www.kidsday.net), including a downloadable Making Memories Guide and the Meaningful Time Family Guidelines.

For more information on this program, contact the youth center at Ext. 2504.

## Talent showcase



Pam Wickham

**Chris Chambler, Missoula Children’s Theater director, rehearses with Emily Hudson, Kirsten Daniels and Ricky Hackler for the upcoming production of “Wizard of Oz.” The performance is scheduled for 3 p.m. Saturday at the youth center. All BLAZE TEAM members are invited to enjoy the show.**

# Services programs provide outlet for base people

**Club membership drive:** The Columbus club will conduct a membership drive from 9 a.m. to 2 p.m. Saturday in the base exchange lobby. Club members may register to win one of five \$100 Army and Air Force Exchange Service gift certificates. People who become club members that day will receive a certificate for 10 percent off of their purchase of a television, lawnmower or grill, and a free Subway sandwich. Call Ext. 2490.

**Free car wash and auto hobby shop specials:** The auto hobby shop will allow free use of the self-service car wash from 10 a.m. to 2 p.m. Saturday. The car wash is located behind the youth center.

The shop also offers an oil change and tire rotation for \$25 or an oil change, tire rotation and balance for \$40 throughout June. For an appointment, call Ext. 7842.

**Fathers Day brunch:** The Columbus Club offers a Father’s Day brunch from 10:30 a.m. to 1:30 p.m. Sunday. Reservations are encouraged but not necessary. Cost is \$12.95 for club members and \$15.95 for nonmembers. Ages 6 to 12 eat for \$6.50 and ages 5 and younger eat free. The menu includes carved prime rib, barbecue brisket and chicken, corn on the cob, mashed potatoes with chicken gravy, baked beans, potato wedges, julienne vegetables, veggie tray, assorted cheese and cracker tray, fruit tray, garden salad

with assorted dressings, hot rolls, omelet and waffle station, bacon, scrambled eggs, sausage, hash browns, sausage gravy, buttermilk biscuits, assorted homemade desserts and champagne. Call Ext. 2490.

**Stampin’ Up:** Stampin’ Up classes are from 7 to 9 p.m. Tuesday, 9 to 11 a.m. Thursday and 1 to 3 p.m. June 25 at the 14th Services Division Complex. Participants will make 15 cards using basic techniques. To register, call the youth center at Ext. 2504.

**Stained glass classes:** The arts and crafts center offers night-time stained glass classes for \$30 per person. Cost includes all supplies. Class dates and times will be determined by the participants. Call Ext. 7836.

**Monte Carlo night:** The Columbus Club hosts Monte Carlo night from 6 to 9 p.m. Thursday at the 14th Services Division Complex ballroom. Cost is \$10 for \$300 in chips for club members and \$15 for nonmembers. Re-buys are available until 8 p.m. An auction will begin at 9 p.m. Call Ext. 2490.

**Youth center camps:** The youth center offers several summer camps for base youth.

A space and rocketry science adventure camp is from

noon to 3 p.m. June 27 through June 30. Participants will build a rocket and learn about space and science. Cost is free for youth center members and \$10 for nonmembers.

A jazz camp meets Tuesdays and Thursdays July 5 through July 28. Ages 6 to 8 meet from 2:30 to 4 p.m. and ages 9 and older meet from 4 to 5:30 p.m. Cost is \$25 for youth center members and \$30 for nonmembers.

A computer camp begins July 5 and ends July 8. Ages 9 to 12 meets from 4 to 5 p.m. and ages 13 and older meet from 5 to 6 p.m. Participants will learn basic computer applications such as Microsoft Word and Powerpoint. Cost is free for youth center members and \$10 for nonmembers.

A creative writing camp for ages 9 to 18 is from 5 to 6 p.m. July 11 through July 15. Cost is free for youth center members and \$10 for nonmembers.

A cheerleading camp begins July 19 and ends July 28. Ages 6 to 9 meet from 9 to 11 a.m. and ages 10 and older meet from noon to 2 p.m. Cost is \$25 for youth center members and \$35 for nonmembers. Call Ext. 2504.

**Bowl for the Stars and Strikes:** Bowling center patrons will “get punched” for every game or large Coca-Cola purchased during this summer-long program. Customers who accumulate 10 punches on their punch cards will receive two free games of bowling, a free soda and will be entered into a monthly drawing for a bowling ball. Call Ext. 2426.

# Movies

**Today**  
“House of Wax”  
(R, horror violence, some sexual content and language, 110 min.)  
Starring: Elisha Cuthbert and Chad Michael Murray.

**Saturday**  
“XXX: State of the Union”  
(PG-13, intense action violence and some language, 153 min.)  
Starring: Ice Cube and Samuel L. Jackson.

All movies are shown at 7 p.m. at the base theater, unless otherwise noted. For more information, visit [www.cafb.services.com](http://www.cafb.services.com).

## Family Support Center

*(Editor’s note: All activities are offered at the family support center unless otherwise specified. For more information about any of the activities listed, call Ext. 2790.)*

### Spouse welcome

A welcome reception for spouses new to Columbus AFB is from 10 to 11 a.m. every Wednesday at the Magnolia Inn Lobby. Spouses will receive gifts and information about the family support center.

### Local employment

A workshop about employment opportunities with local businesses, the 14th Services Division and government applications is from 1 to 2 p.m. every Wednesday. Resumes and other job applications will also be discussed.

### Coping with difficult people

A workshop on how to cope with difficult people in the workplace is from noon to 2 p.m. Wednesday The workshop features two video tapes and a discussion. Registration is required by Monday.

### DITY move

A workshop on how to prepare for a do-it-yourself move is from 11 a.m. to noon Tuesday.

### Financial management

A personal financial management workshop discussing various money matters begins at 11 a.m. Thursday.

### Sponsorship training

A workshop designed for all unit intro-

duction monitors is at 9 a.m. June 28. Training includes the importance of effective sponsorship and resources available for both sponsors and newcomers.

### Employment letters

A workshop explaining examples and the purpose of employment letters is from 9 to 10 a.m. July 6.

### TAP workshop

A transition assistance workshop for personnel who are within one year of retirement or separation from the military is from 7:30 a.m. to 4:30 p.m. July 12 through July 14. To sign up, call Ext. 2839.

### Health benefits

A seminar with information about health benefits available to personnel who are separating or retiring from the military is from 3:30 to 4:30 p.m. July 13.

### Veterans Affairs

A Department of Veterans Affairs benefits seminar is from 11 a.m. to noon July 14.

### Employment assistance

A workshop about employment assistance from the Mississippi Department of Employment Security for people retiring, separating or new to the area is from 2:40 to 3:05 p.m. July 14.

### Government applications

A workshop on federal employment and the Small Business Administration is from 3:15 to 3:45 p.m. July 14.

### Air Force Aid Society

The AFAS offers 24-hour emergency assistance. Possible aid includes interest-

free loans, grants, car repairs and emergency travel. For more information, call the family support center.

## Chapel Schedule

### Catholic

Sunday:  
9:15 a.m. — Mass  
5 p.m. — Confessions  
5:30 p.m. — SUPT Mass

### Protestant

Sunday:  
9 a.m. — Adult Sunday school and children’s one room Sunday school  
10:45 a.m. — Combined service (Contemporary/Traditional)

### Lunch time Bible study

“The Fruit of the Spirit,” a Bible study by Stuart Briscot, is Wednesdays from 11:30 a.m. to 12:30 p.m. at the chapel annex. For more information, call the chapel at Ext. 2500.

## Base Notes

### Speed dial saves lives

BLAZE TEAM members can reach 14th Flying Training Wing emergency responders by dialing 9-1-1 from any base phone, including those in military family housing. However, 9-1-1 calls from cellular phones will connect to off-base operators. To access wing emergency services from a cell phone, dial 434-8881 or 434-8882. People are encouraged to program this number into their cell phones for ready access.

### MSG change of command

Col. Keith Keck will relinquish com-

mand of the 14th Mission Support Group to Col. Eugene Willett during a ceremony at 9 a.m. June 27 at Ceremonial Plaza in front of the wing headquarters building.

### OSS change of command

Lt. Col. David Snyder will relinquish command of the 14th Operations Support Squadron to Lt. Col. Robert Marrazzo during a ceremony at 8 a.m. June 28 at Hangar Four.

### ASIST

Applied Suicide Intervention Skills Training is from 8 a.m. to 4 p.m. June 29 and June 30 at the chapel annex. The training is recommended for supervisors but open to all BLAZE TEAM members. Participants will focus on honing intervention skills when confronted with a suicidal co-worker, friend or troop. Thirty slots are available. Refreshments will be served. For more information or to sign up, call Ext. 2239.

### Retirement ceremony

All BLAZE TEAM members are invited to Lt. Col. Stanley Spillers retirement ceremony at 2 p.m. June 30 at the 14th Services Division complex.

### Yard inspections

As a reminder, on random Wednesdays of each month, squadron and group commanders conduct yard inspections. There are at least two inspections every month, so residents are encouraged to have yards in inspection order every Wednesday at 7:30 a.m. The family housing brochure, Columbus AFB Pamphlet 32-6002, includes the inspection standards and is available at the housing office. For more information, call the office at Ext. 7276.



**Stitches From the Heart:** Stitches From the Heart seeks volunteers to knit, crochet or quilt blankets, sweaters and hats for babies in need. For more information, call Kathy Silverton at (866) 472-6903.

**JuneTeenth celebration:** A JuneTeenth Festival celebrating the Emancipation Proclamation is today and Saturday at Sim Scott Park located at 902 20th Street North in downtown Columbus. The event is free and open to the public. Food, music, softball games, and activities for both children and senior citizens will be featured. For more information, call 328-2491 or 329-5871.

**Child identification clinic:** A child identification clinic is from 11 a.m. to 2 p.m. Saturday at the

McDonald's Restaurant on Highway 45 in Columbus. Free finger printing, digital imaging and a DNA swab will be available. The service is free and confidential to families.

**Patriotic celebration:** East End Baptist Church sponsors the 11th Annual Let Freedom Ring patriotic celebration at 7 p.m. June 25 and 4 p.m. June 26 at Heritage Academy High School. The event is free and open to the public. Heritage Academy is located on Magnolia Lane in downtown Columbus. For more information, call Gary Walker at 328-5915.

**Health Explosion:** The NAACP Mississippi State Conference Youth and College Division Chairperson, Ashley Andrews, sponsors the 2005 Health Explosion at

3 p.m. June 25 at Poindexter Auditorium at the Mississippi University for Women campus. The program will focus on educating Mississippi African Americans about teen pregnancy and sexually transmitted diseases.

On-site HIV testing will be available. The program will include speakers, special guests and a theatrical performance. For more information, call Ashley Andrews at 601-250-0959.

**Flea market:** The Liberty Volunteer Fire Department sponsors the Big 50 Booth Flea Market and garage sale at 7 a.m. July 2 in Liberty, Ala. To reserve space for the fundraising event, call 205-662-3407.

**For more event listings, visit [www.columbus-ms.org](http://www.columbus-ms.org).**

## BARGAIN LINE

### Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one)    Home    Transportation    Miscellaneous    Yard sales    Pets

Print advertisement \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

Home Telephone # \_\_\_\_\_ Duty Telephone # \_\_\_\_\_  
(in case we need more information)

#### Please let us know what you think of the Silver Wings:

Are you happy with the Silver Wings?    Yes ☐    No ☐

What would you like to see more of in the newspaper?    News ☐    Sports ☐    Photos ☐    Other \_\_\_\_\_

If you would like to give any other suggestions, please e-mail us at [silverwings@columbus.af.mil](mailto:silverwings@columbus.af.mil).

## Shorts

### Season swimming passes

Season passes for Independence Pool are on sale now at outdoor recreation. The pool is open from 11 a.m. to 7 p.m. Monday through Friday, and from noon to 7 p.m. Saturday and Sunday. Cost is \$1 per day for eligible patrons and their family members or \$2 per day for non-family member guests. Admission will be free throughout July due to the profits of the base recycling center. For more information, call Ext. 2507 or Ext. 2491.

### AFA golf tournament

The Golden Triangle Chapter of the Air Force Association sponsors its 17th Annual POW/MIA Golf Tournament June 25 at the Columbus Country Club with a shotgun start at 1 p.m.

Entry fee is \$40 per player for the one-day, three-person scramble. Ladies and mixed teams are welcome. Registration is from 11:30 a.m. to 12:30 p.m. June 25 at the Columbus Country Club Pro Shop.

All proceeds from the tournament will support scholarships for enlisted active-duty personnel, Air Force ROTC cadets and aerospace education in Golden Triangle public schools. For more information, call 434-2645 or 240-4046; or e-mail [dwain.s@lycos.com](mailto:dwain.s@lycos.com).

# Former pro athletes visit Airmen in Southwest Asia

**Tech. Sgt. Mark Munsey**  
379th Air Expeditionary Wing

**SOUTHWEST ASIA** — Airmen from the 379th Air Expeditionary Wing at a forward-deployed location received a special visit Sunday and Monday, courtesy of the United Services Organization.

And they went big, very big, with the celebrity guest list.

National Basketball Association player and current hoops talking head, Charles Barkley, was one of two former professional athletes to visit. For the thousands of Airmen and joint and coalition forces who were thrilled by the appearance, there were still some folks to feel sorry for.

There was Roy Green, who accompanied Mr. Barkley on the tour. Mr. Green, a 14-year National Football League wide receiver had to feel a bit like Angelina Jolie's stunt double. So very close, but not the star everyone had come to see. As fast as he was on the field, there was no way to keep up with the hyper-speed flow of humor that poured from Mr. Barkley's mouth.

Then there was the group of 25 lottery-lucky base members who were handpicked to meet the celebrity athletes at the dining facility for dinner and a chat. They fell victim to the unpredictable time table of "Hurricane Charles."

Visiting an in-theater Army base before his arrival, the combination of pick-up basketball games and pick-out Army grunts for one-liners delayed the former NBA's most valuable player's arrival for dinner.

Already a half hour late upon entrance, the start time did not seem anywhere closer in sight when Mr. Barkley and a buffet tray aligned forces.

"Man, he is huge," said Staff Sgt. DeQurlous Derrick, 379th Services Squadron dining facility Airman who assembled Mr. Barkley's plate. "I was worried we might not have food left for anyone else after he came through."

Finally seated with the guests but before he could even grab the salt, Mr. Barkley was peppered with questions that were part current-player assessment, part "Chuck Roast."

"Everyone wanted to know who he thought was currently the best at their position," said Master Sgt. Douglas Guyton. Seeing his rather robust appearance now, one gutsy diner asked Mr. Barkley if he still plays competitive ball.

"No," Mr. Barkley snapped with a big laugh. "I'd kill myself out there."

After the meal, as everyone traveled to the autograph session, Mr. Green had time to create a military rank while accusing Mr. Barkley of thievery.

# AF fitness AFI updated

**Maj. Nina Perino**  
59th Aerospace Medicine Squadron

Fitness is a combination of activities, behaviors and attitudes that improve our quality of life. There are no simple ways to describe what it means to achieve optimal health, but we do know fitness is key and essential is sustaining the current operations tempo.

In January 2004, Air Force Instruction 10-248, Fitness Program, was released with a goal to motivate all members to participate in a year-round physical conditioning program that emphasizes total fitness, to include proper aerobic conditioning, strength and flexibility training and healthy eating. Even at the time of its release, an interim change was anticipated.

On May 24, Interim Change 2005-1 to AFI 10-248 was announced and took effect immediately. There are several highlights that active-duty servicemembers should be aware of:

\* A section has been added on professional military image in uniform. Commanders may direct entry into a Fitness Improvement Program if an Airman fails to present a professional military image.

\* Members scoring in the "marginal" category will retest within 90 days.

\* Enhanced guidance is given on exemptions to include a

requirement to retest all fitness test components upon exemption from any component. Members will not be required to test for six weeks following an exemption period if exempted for more than 30 days.

\* Members must test prior to making a permanent change of station if they are due prior to their report-no-later-than date.

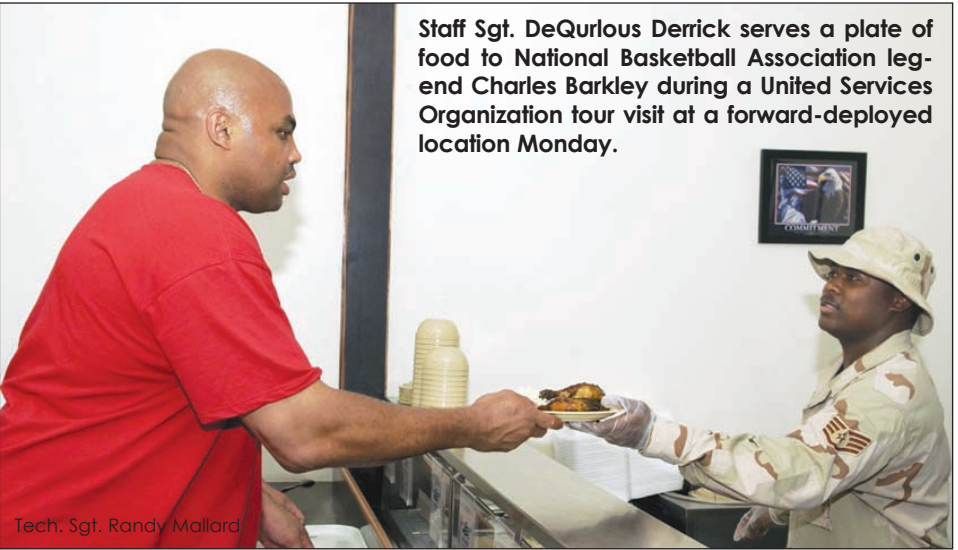
\* Additional guidance is given on administrative and personnel actions and timelines for those who continue with poor fitness scores.

\* Timelines for data entry into the AF Fitness Management Software are defined.

\* The muscular fitness assessment (pushups and crunches) may be accomplished before or after the 1.5-mile run. They must be accomplished after the cycle ergometry test.

\* Guidance on handling protected health information is given. Fitness assessment scores and training data do not meet the criteria for PHI. Interactions with medical providers or technicians related to education, intervention or treatment related to the Fitness Program is PHI.

Interim Change 2005-1 to AFI 10-248 can be read in its entirety and is available for download at [www.e-publishing.af.mil](http://www.e-publishing.af.mil). Questions regarding the interim change should first be directed to Unit Fitness Program Managers. UFPMs should forward unanswerable concerns to the health and wellness center.



Tech. Sgt. Randy Mallard

"Right now, if I punched Buck Private Barkley's pockets, he'd pour out two pounds of cookie crumbs," the two-time NFL pro-bowl receiver said.

The autograph session was supposed to last two hours, ending the athletes' elongated day at 10 p.m. For reasons he made clear later, Mr. Barkley did not hesitate to go into overtime, finishing more than an hour later.

"We wanted to get 'em all through," he said. "I couldn't believe how enthusiastic the troops were here. (Despite the hardships) everybody is in a good mood. It

made me glad and excited I made the trip."

While making memories for the more than 6,000 joint and coalition forces here, Mr. Barkley said there was also a moment that will live with him forever.

"One of the troops said his mom had brought him to meet me as a boy 20 years ago when I was with the (Philadelphia 76ers)," Mr. Barkley said. "He told me his mom passed last week, and he thought that was the reason I was here right now."

"I'm not blowing smoke," he said. "This has been one of the greatest experiences of my life."